

Ergot of Cereals and Grasses

Ergot is an important disease because it reduces grain yields and, when present in feed grains, may cause acute poisoning, or even death, in farm animals.

Ergot is most noticeable in rye, but also attacks barley, wheat (especially durum) and occasionally oats. The same ergot also attacks many native and cultivated grasses. Ergot bodies (called sclerotia) produced on grasses constitute an important source of infection for cereals. Infected hay crops should be cut before sclerotia have time to develop. Early stages of infection may be identified by the presence of drops of sticky exudate on the heads or panicles.

Ergot bodies falling to the ground when mature, remain dormant until midsummer and then germinate. Countless tiny spores are discharged and carried about by the wind. The lucky ones lodge in the flowers of grasses or cereals and set up infection resulting in a new generation of ergot bodies.

Control measures include early cutting of infected native and cultivated grasses, and deep plowing of fields on which infected grain crops grew. Ergot bodies can be removed from seed grain by immersing the grain in a solution of common salt consisting of 40 pounds of salt in 25 gallons of water. When the grain is immersed and agitated, the ergot bodies rise to the surface. The grain must then be washed to prevent injury from salt.

Farmers may secure, from line elevator agents, a circular in which this disease is discussed more fully. For additional information apply to Dominion Laboratories of Plant Pathology at Winnipeg, Saskatoon or Edmonton.—Contributed by A. M. Brown, Assistant Plant Pathologist, Dominion Laboratory of Plant Pathology, Winnipeg.

What to Grow in 1943

As a result of the Dominion Provincial conference held in Ottawa last December, it is recommended that wheat plantings be reduced by nearly 4 million acres, and rye by almost 1/2 million acres. Increased summerfallow is not suggested; but we are advised to use the land taken out of wheat to increase the acreage of other crops as follows: oats, over 1 1/2 million; barley, 3/4 million; hay and clover, 3/4 million; alfalfa, 1/4 million.

The above adjustments are chiefly the concern of the prairie provinces because we sow about 95 per cent of Canada's wheat acreage. Indeed, we can go further and say that the change will be concentrated in Saskatchewan and Alberta, because Manitoba planted less than two million acres of wheat in 1942.

To the individual farmer the desired changes mean that, on the average, for every 100 acres of wheat he grew in 1942, he should grow only 82 in 1943. Obviously, these changes must be considered in relation to district and to the possibility of increasing various classes of livestock. Generally speaking, on the open prairies, it will be difficult to reduce wheat acreages by 18 per cent. As a result of the announcement that the flax acreage should not be increased in 1943, it would be wise to forget about flax in the mixed farming areas, and concentrate our production in the plains where coarse grains do not do so well. If the government's wishes are to be realized, wheat acreage reduction must exceed 18 per cent where mixed farming is feasible and profitable. More grasses and/or clovers will be advantageous nearly everywhere.

CANADA NEEDS 40 MILLION POUNDS OF FAT

HERE IS YOUR SECRET WEAPON

GLYCERINE

Save Fats and Bones

AND HELP SMASH THE AXIS!

The next time you are frying or roasting something, just imagine the satisfaction it would give you to pour that hot fat right down the back of Adolf, Tojo or Benito.

You can even do better than that. Fats make glycerine, and glycerine makes high explosives to sink their submarines, destroy their aeroplanes and tanks. Bones produce fat, also glue for war industry.

Every spoonful of dripping, every ounce of scrap fat, and every bone, cooked, uncooked or dry, must be saved. Strain all drippings through an ordinary strainer into a clean wide-mouthed can. When you have collected a pound or more of fat drippings take it to your meat dealer who will pay you the established price for the dripping and the scrap fat. Or you can dispose of them through any Municipal or Salvage Committee collection system IN EFFECT in your community.

You can be a munition maker right in your own kitchen. So—every day, this easy way, keep working for Victory by saving every drop of fat dripping, every piece of scrap fat, and every bone.

This campaign is for the duration.

DEPARTMENT OF NATIONAL WAR SERVICES
NATIONAL SALVAGE DIVISION

EF 43A

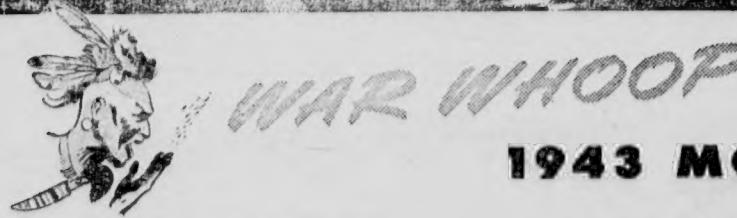
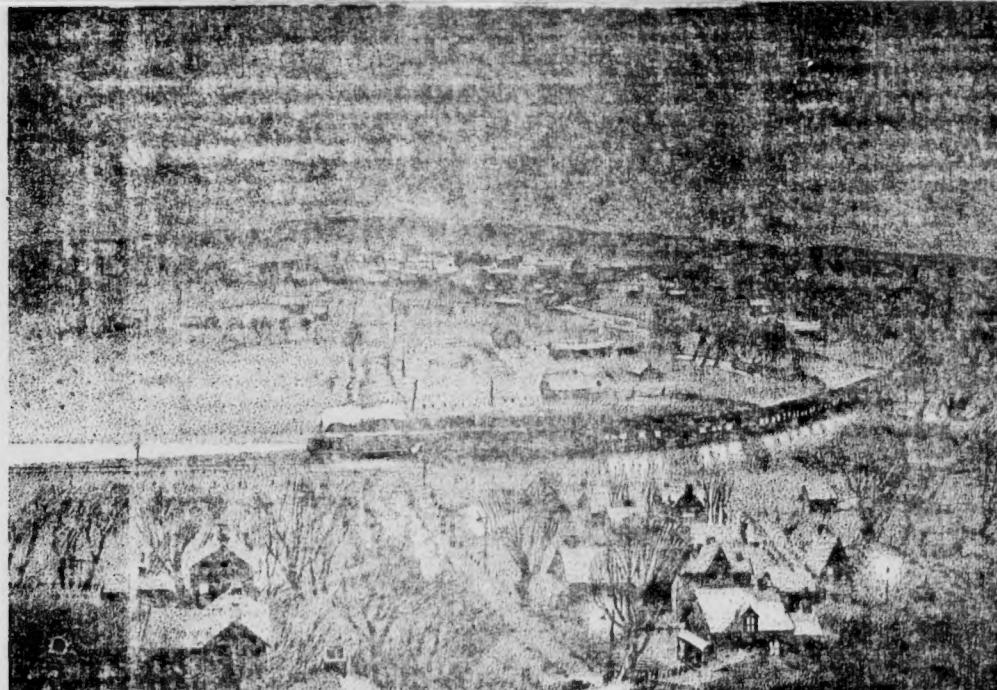
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SISSON'S CAFE

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Where Particular People eat



1943 MODEL

YOU HEAR IT at all hours . . . that long-drawn cry of the locomotive whistle. It's the war whoop of the railways.

It may be a troop train speeding to keep a date with a convoy . . . it may be a long freight loaded with tanks, guns and other materials of war, many of them built by the railways themselves . . . it may be another week's supply of raw materials to keep a war plant in production, or food, fuel and other essentials for the home front.

It is the proud war whoop of Canada's greatest war industry—the railways, which are serving the nation as effectively in war as in peace. Only the railways can furnish mass transportation on such a scale.

Your railways were ready . . . ready in war, so that Canada could strike with all her might. They will be ready in peace again to serve a greater Canada . . . rolling ever forward on highways of steel.

IF POSSIBLE
AVOID TRAVEL
OVER WEEK-ENDS
AND HOLIDAYS

CANADIAN RAILWAY FREIGHT RATES ARE THE LOWEST IN THE WORLD

CANADIAN NATIONAL CANADIAN PACIFIC

Carrying the load in War and Peace

WAR DOLLARS

DO THREE ESSENTIAL JOBS:

1. HELP CARRY ON THE WAR—

Every possible dollar will be needed to bring the war to a successful conclusion. THEREFORE, every dollar you lend enables you to play a vital part in the great fight for freedom.

2. CURB WASTEFUL SPENDING—

To retard spiralling prices and rises in the cost of living, income must be diverted from unwise purchases and made available for war use. WAR SAVINGS mean money put aside to aid essential war production.

3. PROVIDE A NEST EGG—

Following every major war, there is a period of economic re-adjustment. The man who has taken his share of WAR SAVINGS will find this money very useful during the transition period.

CANADIANS MUST SPEND LESS
TO BUY MORE

War Savings Certificates

Space Donated by the
BREWING INDUSTRY OF ALBERTA



Roll your owners! go for Ogden's

Indians on the prairies never discovered the use of wheels... But old-timers cottoned on to Ogden's. They soon discovered it to be a distinctive blend of choicer, riper tobacco... the answer to a roll-your-owner's prayer. Try it today.

Ogden's quality for pipe smokers, too, in Ogden's Cut Plug



AIR TRAINING PLAN

LIST OF GRADUATES

The following airmen have recently been commissioned in Canada it was announced by Royal Canadian Air Force Headquarters as Navigators:

- Sgt. David Robertson, Winnipeg, Man.
- Sgt. L. G. Peterson, Winnipeg, Man.
- Sgt. J. K. Fletcher, Saskatoon, Sask.
- Sgt. L. S. Trenholme, Shellbrook, Sask.
- Sgt. D. F. Nosworthy, Winnipeg, Man.
- Sgt. A. E. May, Sprague, Man.
- Sgt. J. C. P. O'Connor, East Kildonan, Man.
- Sgt. R. E. Adams, Melville, Sask.
- Sgt. A. C. Pigott, Kamsk, Sask.
- Sgt. F. J. S. Gunby, Saskatoon, Sask.
- Sgt. A. G. Gamby, Winnipeg, Man.
- Sgt. J. M. Forney, Thornhill, Man.
- Sgt. R. W. Nurley, Winnipeg, Man.
- Sgt. S. W. Penner, Waldheim, Sask.
- Sgt. F. J. Hartman, Winnipeg, Man.
- Sgt. A. F. Bell, Admire, Sask.
- Sgt. H. J. Riviere, Kishe, Sask.
- Sgt. M. A. MacFee, Saskatoon.
- Sgt. A. M. Taylor, Solsgirth, Man.
- Sgt. Anton Novak, Kenora, Ont.
- Sgt. A. M. Shannon, Winnipeg, Man.

DEMAND EXCEEDS SUPPLY

Twice as many wedding rings are to be made in Britain during the next few months. Protests about the shortage have been reaching the Board of Trade. An official said: "We even heard that in some cases the person conducting the wedding had to take off his ring and lend it to the bridegroom for the occasion."

Some folks aren't worrying about being short on sugar for their coffee. No coffee!

HORSE VACCINATION

Necessary For The Prevention Of Equine Encephalomyelitis

Although the history of equine encephalomyelitis is well known to many, it is well perhaps to review the matter and mention some of the more recent findings in connection with the disease that stock owners may fully appreciate, not only the economic side, but the newer aspect, that pertaining to public health.

Sleeping sickness of horses in Saskatchewan was first recognized as such in 1935 when a fairly extensive outbreak occurred. In 1936, few cases appeared, but in 1937, a second and more extensive epidemic occurred, followed in 1938 by one that was so severe that some 15,000 horses were lost.

It was extremely difficult at first to control the disease since there was no suitable immunizing agent available. In 1938, however, Chick Embryo vaccine was introduced, which we have found to be almost 100% effective; in fact it is quite safe to state that a horse properly vaccinated prior to an outbreak occurring will not contract the disease. In spite of this disease being ideal for the practice of preventive medicine, unfortunately the opportunity has not been grasped, with the result that cases have developed annually, whereas the disease could perhaps have been completely controlled had vaccine been used regularly.

After the extensive outbreak of 1938, stock owners were greatly alarmed, with the result that, in the spring of 1939, some 450,000 horses were vaccinated in the Province of Saskatchewan alone. Whether or not this program had any bearing on the incidence of the disease that year, it is true that very few cases occurred, and those which did were confined to non-vaccinated animals. Because of the freedom from the disease in 1939, there was not the same keen interest in vaccination in the spring of 1940; therefore comparatively few animals were protected. Luck was again with us that year and, although isolated cases developed throughout the Province, there was nothing approaching an epidemic.

Because of comparative freedom from the disease for two years, many were of the opinion that further vaccination was unnecessary and very little was done in the spring of 1941. With amazing suddenness, however, an outbreak commenced in the middle of June, cases being recognized in quite distant parts of the Province at the same time. Since manufacturing concerns anticipated considerable spring vaccination, large stocks were on hand early in the year, but when the outbreak occurred, most of this vaccine was out-dated and of no value. Owing to an extensive outbreak in the United States, American companies were unable to send further shipments of new vaccine and, because of this, there was an acute shortage throughout western Canada. That as many horses as possible be protected, the Department of Veterinary Science at the University of Saskatchewan increased production and distributed sufficient vaccine to keep the outbreak fairly well under control. This was accomplished with a great deal of difficulty and much sacrifice on the part of the staff of the Department who worked long hours throughout the season.

That such an unfortunate situation may not arise this year, stock owners should vaccinate their animals in April or May; do not wait until an outbreak occurs. The loss by the death of one or two horses is very much greater than the necessary outlay for the protection of a fair sized stud or for the purchase of a bottle of serum to treat one developed case.

In many instances last year, farmers waited until the disease actually appeared in their district, and many until it appeared in their stud, before taking any action. It should be realized that horses may yet be necessary for the carrying on of our agricultural pursuits; mechanical power may be extremely difficult to secure and the consumption of fuel may be further curtailed at any time. The farmer who depends entirely on truck and tractor power may be in a very precarious position and it seems to be economically sound to protect every available horse. Not only should work horses be vaccinated; young animals should be vaccinated as well, since they may be absolutely essential in



I'm working harder than ever these days. Have no time to be troubled by constipation due to lack of the right kind of "bulk" in my diet. Thank goodness there is a sensible way to correct that condition . . . instead of taking cathartics, which only give temporary relief.

Why not try eating KELLOGG'S ALL-BRAN every morning and see

if this delicious cereal doesn't help you become "regular" . . . naturally!

Get your KELLOGG'S ALL-BRAN daily . . . drink plenty of water . . . and discover for yourself how easily your old "trouble" disappears. Get KELLOGG'S ALL-BRAN! Available in two convenient sizes at all grocers'. Made by Kellogg's in London, Canada.

In Nazi Germany

A FEW WEEKS AGO the German people observed the tenth anniversary of the founding of the National Socialist regime. As everyone knows, this unauspicious anniversary was marked by a powerful attack on Berlin by British and Canadian bombers, and by news of serious German defeats in Russia and Africa. The dismal and apologetic radio addresses arranged by leaders of the Nazi party, were interrupted by the crash of British bombs, and it appeared that the day could in no way have been called one of happy celebration by the German people. In his early years in office, Hitler assured his people that the policy of his party was not to involve the country in war, nor to conquer and annex other nations. Yet after ten years nearly 5,000,000 Germans have died on foreign battlefields in Hitler's wars of aggression, and many thousands are homeless because of air attacks.

Workers' Lot Has Declined

In connection with the progress of the German people under the Hitler regime, some very interesting facts and figures have recently been given out by the British Ministry of Information. The lot of the farmer has appeared to decline steadily in the past ten years. It is said that between 1932 and 1939 the number of men engaged in farm work decreased by one million, and the decline has continued since that time. Industrial workers have also had a difficult time. In 1933 all Trades Unions were abolished, their funds being seized and their leaders arrested. All workers' rights were also abolished, overtime work became general and the number of industrial accidents rose from 327,000 in 1932, to 1,766,000 in 1938.

Public Health Record Poor

Malnutrition is said to have increased greatly among German workers and there has been a decline in the standard of national health. In the past ten years, deaths from scarlet fever, infantile paralysis and other contagious diseases have risen by 200%; mortality among children between the ages of one and five has increased by 12%, and of children between five and ten by 25%. Under the republican system of government in Germany there was one medical doctor to every 1,300 people, but in 1941, there was only one doctor to every 15,000 people. These facts show clearly that living conditions under Nazi rule are far from happy for the common people, and they serve to remind us again of the things for which we are fighting. When we compare conditions here with those in Germany today, we see that we must at all costs make sure that it is our way of life which survives this war.

Proposed Motorcade

Propaganda Programs

To Enable People To View The Majestic Scenery On Road To Alaska

Possibility of a "motorcade" over the new Alaska highway this summer to enable civilian motorists to view the majestic scenery of northern Canada and Alaska, was advanced at Calgary.

A report from Winnipeg stated a western committee was discussing plans for the "motorcade" in view of inquiries from all parts of U.S. and Canada from motorists who wish to travel over the new route.

Military authorities, of course, will have to give the "green light" before anything definite can be assured. The end of the war will have to be "in sight" before a "motorcade" is likely.

Buy War Savings Certificates.

Relieves distress from MONTHLY

FEMALE WEAKNESS

Lydia E. Pinkham's Vegetable Compound not only helps relieve monthly pain but also weak, nervous feelings—due to monthly functional disturbances. It helps build up resistance against distress of "dimples". Made in Canada.

Sent By Axis Radio Stations In Europe And Aimed At Canada

Axis radio stations in Europe are aiming propaganda programs at French-Canada and at certain nationalistic minorities in the prairie provinces, W. Gladstone Murray, former director-general of broadcasting for Canada, declared.

Murray said these Axis broadcasts contain offers of independent forms of government in the so-called new order of Nazi world control.

Canada still has no short-wave radio transmitter, Murray told the Business & Professional Women's Club of Toronto, and is unable to communicate any message of hope or encouragement to the conquered peoples of Europe.

On the other hand, Murray said, the enemy is using the short wave for the dissemination of rumors in Canada. Fortunately, their lack of human appeal and humor, rather than any counter-measures, have saved the situation, Murray added.

FISH HOOKS AND RUBBER

In Brazil's Amazon valley, rubber gatherers got priorities on a new supply of 1,500,000 fish hooks, result of their telegram to U.S. Ambassador Jefferson Caffery: "No fish hooks, no fish; no fish, no eat, no eat, no rubber."

2508



MRS. J. H. LALIBERTE now wakes up feeling fine. She never has headaches, backaches or constipation any more. "Fruit-a-lives" gave her the new health and pep of a healthy liver. Buck up your liver with "Fruit-a-lives", Canada's Largest Selling Liver Tablets.

the future to do work on farms, or to take the place of delivery trucks in cities, which very shortly may be off the road entirely.

During the years encephalomyelitis was common among horses in Saskatchewan, physicians reported an increasing number of cases of encephalitis in man, and the question arose as to whether or not there was any relationship between the two infections. In 1938, the year the disease was so prevalent in horses, some 60 cases were recognized in man and, during the following year, we isolated the equine virus from three human cases. Just prior to this discovery, workers in the United States also found that man was susceptible to the Eastern type of the horse virus. Although it was definitely shown that man could contract the horse disease, and that, as a result, people had actually died in Saskatchewan, little interest was taken in the matter until last year when the most extensive human epidemic ever recorded occurred in the northern States, Manitoba and Saskatchewan. During the course of this outbreak, we were successful in isolating the virus or germ from two cases, and later proved by blood tests that the entire outbreak was due to the same germ as equine encephalomyelitis. In Saskatchewan alone, 550 persons contracted the disease; eight per cent. of these died.

To state that horses were responsible for the human epidemic would be untrue because of our limited knowledge of how the human infection occurs. It is true, however, that the elimination of this disease in the horse, undoubtedly virus reservoir when infected, appears to be sound practice, and this can only be done by vaccinating each year. No one can predict what may happen in the future in regard to human or equine outbreaks, but, if the behaviour of the horse disease is any criterion we must not expect that the human disease will never recur.

There are a number of points in connection with the equine and the human outbreaks that are very similar indeed. For example when the equine disease first appeared in Saskatchewan it undoubtedly travelled from the northern United States to Manitoba and then to the southern part of Saskatchewan. After several outbreaks it appeared that the virus had become acclimatized to our Province and had lived over the winter months. This was suggested by the fact that the 1938 and 1941 epidemics sprang up in all parts of the Province at the same time and definitely not from one focus of infection. The first human outbreak commenced in the extreme south and travelled northward as did that of last year. Last season, however, much more territory was covered, cases being recognized as far north as Saskatoon. If conditions of serum to treat one developed case.

In many instances last year, farmers waited until the disease actually appeared in their district, and many until it appeared in their stud, before taking any action. It should be realized that horses may yet be necessary for the carrying on of our agricultural pursuits; mechanical power may be extremely difficult to secure and the consumption of fuel may be further curtailed at any time. The farmer who depends entirely on truck and tractor power may be in a very precarious position and it seems to be economically sound to protect every available horse. Not only should work horses be vaccinated; young animals should be vaccinated as well, since they may be absolutely essential in

may be done, rather than calling the local "handy man" who through his careless methods may carry the disease from one farm to another, the following procedure is suggested:

- Secure a 10 cc hypodermic syringe equipped with two needles; this may be purchased at almost any local drug store. Immerse the syringe and the needles in boiling water for twenty minutes before using them.
- Clip and thoroughly cleanse with rubbing alcohol a small area of the horse's neck half way between the shoulder and the head.
- Attach a needle to the syringe; insert it through the rubber cap on the bottle containing the vaccine and draw the contents into the syringe.
- With the left hand, hold out the skin of the prepared area of the horse's neck; introduce the needle beneath the skin and inject the vaccine.
- Remove the needle; with clean gauze, saturated with rubbing alcohol, cleanse the point of injection, and the prepared area of the neck again.
- After using the needle place it in a small vessel, such as an egg cup, containing rubbing alcohol where it should remain until required again for the neck operation.
- Blow the rubbing alcohol out of the needle before using it again; this can be done best by (a) pulling the plunger of the syringe half way up, (b) attaching the needle, and (c) blowing out the alcohol.
- Be sure to handle the needle always by the base, not by the point, so as not to contaminate part to be introduced beneath the skin.
- Chick vaccine must be kept at ice box temperature (from 35 to 40 degrees F.) until preparations for using it are completed; it loses its effectiveness quickly when kept at higher temperatures.

It should be understood that the vaccine supply may be limited because there will be but three sources of supply for Canada this year: the Lederle Company, New York; the Cutter Company, California; and the Department of Veterinary Science, University of Saskatchewan, Saskatoon. The Department of Veterinary Science has already prepared considerable quantities and will continue to do so until the demand is taken care of. These vaccines may be bought at drug stores and other stores that handle drug supplies.

Was Quite Correct

But Recruit Was Thinking Of Another Kind Of Adjutant

The young recruit, a university graduate, was appearing before the army examination board.

The first "intelligence" question was: "What is an adjutant?"

Came the reply: "An adjutant is a large bird of uncouth appearance. It has an almost bald head, a tremendous capacity for eating and acts as a public scavenger. It can swallow a cat with ease."

The examining officer almost fainted.

Subsequent investigation, however, proved that the recruit was correct. His was an almost word-by-word definition as laid down in the National and Everyman's encyclopedia.

BACKACHE? Look out for Trouble With Your KIDNEYS

If your back aches or if you have disturbed sleep, burning or smarting, look out for trouble. This condition is a sure sign that your kidneys are not fully ridding your blood of poisonous acids and wastes. When the kidneys slow up, wastes collect. Backache, dizzy spells, puffy eyes and rheumatic pains may follow. Your kidneys need help—and there is a time-tried, proven way to help them known as GOLD MEDAL Haarlem Oil Capsules. These capsules contain carefully measured quantities of that widely known diuretic called Dutch Drops. You will find their action fast and effective. Be sure you get GOLD MEDAL Haarlem Oil Capsules, the genuine and original Dutch Drops—packed in Canada. Get a 40c package from your druggist.

A GOOD DINNER

Needs a tasty Appetizing Dessert...

The housewives of Canada, ever anxious to provide attractive and nourishing meals for their families, are "Housoldiers".

They have learned that delightful desserts, made easily and at little cost with Canada Corn Starch, are a welcome addition to meals prepared in accordance with Canada's Food Rules.

They know the high quality of Canada Corn Starch ensures fine, smooth results.

Follow Canada's Food Rules for Health and Fitness.



FOREST PROTECTION

Discuss Means For Providing Useful Employment For War Veterans

Conservation of natural resources as a means of providing useful employment for veterans of the present war was the theme of a meeting arranged at Ottawa under the joint auspices of the Canadian Legion and the Canadian Conservation Association.

The two organizations have joined together to survey possibilities of conservation measures for the post-war period and to further the adoption of such measures by governments.

The meeting was attended by cabinet ministers, members of the House of Commons and senators and heard Alex. Walker, president of the legion; Dr. R. C. Wallace, Principal of Queen's University, and Dr. J. D. Detweiler, president of the conservation association, outline the joint policies.

Dr. Wallace said Canada is rapidly losing its forest wealth. Appropriate conservation plans would require more extensive surveys of forests than now are available. These could be done by air and might provide work for a considerable number of airmen after the war.

Research was needed to find new uses for forest products. Logging roads were needed to enable timber operators to cut in a reasonable manner and not strip forests from the face backwards.

THIS CERTAINLY IS
WONDERFUL
BREAD!

ROYAL IS CERTAINLY
WONDERFUL
YEAST!



Just 2¢ a day
ensures sweet,
tasty bread
WRAPPED AIRTIGHT
TO PROTECT STRENGTH.
PURE, DEPENDABLE!

Revised Census Figures

Show That Canada Still Has More Men Than Women

The revised census figures showing the population of Canada on June 2, 1941, to be 11,505,398—5,900,148 men and 5,605,750 women—indicate that Canadian's masculinity has taken another step downward. It was bound to be so. When a country is young and is attracting immigrants in large numbers there is always a heavy excess of men over women. It is the men who come first, looking for homes and jobs. The women follow.

When the inflow continues there are many more men than women. In other words the masculinity of the population is high. When immigration falls off, as it has done in Canada, and the population becomes more static, the excess of men over women gradually diminishes.

Statisticians estimate the masculinity of a country by estimating the number of men and of women per hundred of population. If there are more males than females, the masculinity is plus. In most countries the masculinity is minus. Argentina is the most masculine country of the nations, having about six more men than women in each 100 of population. Canada, in the 1931 census, was second, having a plus masculinity of 3.59. In the 1941 census this is down to 2.56.

India, New Zealand, Australia, South Africa, Eire and the United States are all nations with plus masculinity. Japan and Bulgaria are just about in balance. All the other nations are minus; that is, having more women than men.

Canada's masculinity has always been plus. It was 1.4 at Confederation, went up to six during the heavy immigration in the early years of the century, fell to three after the last war, then climbed to 3.59, and is now down again.—Vancouver Daily Province.

Strangest Combat

British Submarine Destroys Enemy Ship And A Plane With One Torpedo

There can be no official confirmation, yet circumstantial evidence has led the crew men of a British submarine to conclude that they "torpedoed" an enemy aircraft.

This was how one of the war's strangest combat actions occurred:

While his submarine was patrolling the Mediterranean, Lieut. S. L. C. Maydon sighted an enemy supply ship escorted by three low-flying planes. Maydon ordered a torpedo fired.

Observing the result of the attack through his periscope, Maydon found that all that was left of the target was a "magnificent column of orange and white smoke rising 1,000 feet high." He then noted with astonishment that only two enemy planes were in sight. The third apparently had been caught by the explosion from the supply vessel and destroyed.

MADE OWN MACHINERY

In the Bronx, New York, Edwin Klahn, who had an order for 200,000 paper containers but not quite enough machinery, turned a rolling pin into a pulley, an egg beater into a gear, went into production.

Not Hard To Do

Any Person Can Fast Provided They Observe Certain Conditions

The St. Thomas Times-Journal says: "Gandhi's 21 days fast is no surprise to medical men, even if he is over 70 years of age. 'It was nothing,' opines Dr. Anton J. Carlson, psychologist at the University of Chicago, who says that a thin person like the Mahatma had a better chance of coming through than a fat person.

Professional fasting men have done 50 days at a stretch, but Dr. Carlson is of opinion the human body could withstand an 80 days fast under the right conditions. Fruit juices, such as Gandhi took, are a food in themselves, supplying the body with certain essentials. Gandhi did not exert himself in any way and was under constant medical observation. But Dr. Carlson once got a man to undertake an experimental fast for 42 days, during which the man walked 10 miles a day. The man only admitted feeling hungry about the 30th day. Dr. Carlson once fasted for 10 days and admitted he felt a bit weak as he carried on his duties. But there is no pain in fasting; there never is.

Harry Wills, the negro boxer, who retired from the ring some 15 years ago, makes an annual fast of 10 days.

Fasting is said to be good for everybody, provided they observe certain conditions. It is recommended for people who are overweight, but they soon put on flesh again if they indulge too much in the pleasures of eating. For a remedial fast as long as Gandhi's the subject should rest in bed and drink plenty of water with fruit juice. The same process happens in a human being as in the case of a hibernating bear—the temperature lowers, the pulse slows down and the rate of metabolism decreases.

The knitting frame used in the manufacture of silk stockings in England is substantially the same today as when invented during the reign of Queen Elizabeth.

Real Relief for Miseries of HEAD COLDS

Put 3-purpose Va-tro-nol up each nostril. (1) It shrinks swollen membranes; (2) Soothes irritation; (3) Helps flush out nasal passages, clearing clogging mucus.

VICKS VA-TRO-NOL

X-X OUR CROSSWORD PUZZLE X-X

No. 4819

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HORIZONTAL

- 1 Turbulent crowd
- 4 Part of a stair
- 9 To attempt
- 12 Fear
- 13 To eat away
- 14 Sorrow
- 15 Bank employee
- 17 Experiences pleasure in
- 19 Beverages
- 21 Note of scale
- 22 Anything very puzzling
- 25 To turn right
- 27 Small particle
- 31 To tear
- 32 To yield
- 34 Molten lava
- 35 Sun
- 36 Skill
- 38 Established measures
- 41 Penpoint
- 42 To abominate
- 43 Brazilian coin
- 44 Female deer (pl.)
- 45 Part of "to be"
- 47 Imitation
- 49 Small fragments
- 53 Dawn goddess
- 57 Illumined
- 58 Malice
- 60 Large
- 61 However
- 62 Cloys
- 63 Girl's name
- 64 Carpet
- 65 Obliged to
- 66 Babylonian deity
- 68 To stagger
- 69 Uncontrolled
- 73 Dawn
- 74 Holland commune
- 75 Maile
- 76 Large
- 77 However
- 78 Closely
- 79 Number
- 80 Man's name
- 81 Girl's name
- 82 Delli Yuma
- 83 Epox Saber
- 84 Prepares tide
- 85 Ria Cartridge
- 86 Yet assault
- 87 Assail bee

VERTICAL

- 16 Negligent
- 18 Hinge
- 20 Hindu weight
- 22 To dash in pieces
- 23 Lasso
- 24 Preposition
- 26 To extirpate
- 28 Hypothetical force
- 29 Wigwam
- 30 Gamin
- 32 Earth
- 33 Bitter vetch
- 35 To move stealthily
- 39 Preposition
- 40 Female ruff
- 41 Negative
- 46 To provide meals for
- 48 Colors
- 49 Insect
- 50 To prevail
- 51 Siamese coin
- 52 Resort
- 54 Japanese sash
- 55 Free
- 56 Former Turkish officer
- 59 Pronoun

No. 4818

A	B	A	S	A	D	A	R	A	D	A
M	U	L	T	I	T	U	D	E	G	A
A	G	A	I	N	B	E	N	E	A	T
R	E	E	P	N	A	G	A	Y		
E	R	S	P	I	N	S	I	E		
R	O	W	T	E	S	S	O	J		
I	I	S	T	A	L	E	S	O		
C	A	L	A	P	A	C	A	B		
D	E	L	Y	U	M					
S	E	P	O	S	A	B				
P	R	E	P	A	R					
R	I	A	C	T	R					
Y	E	T	A	S	A					

Tobacco Parcels to PRISONERS OF WAR



POST FREE

All communications with prisoners of war (no matter in what country they may be held) are under the supervision of the International Red Cross. Any parcels sent to prisoners of war, go through this organization and NO POSTAGE IS REQUIRED. This means that you can send

300 CIGARETTES FOR 76¢

to any prisoner of war. You may send any one of the following brands for this price:

"BRITISH CONSOLS," "LEGION," "SCOTCH BLENDS," "EXPORT" or "MACDONALD'S MENTHOL"

or if you wish, one pound of tobacco—BRIER SMOKING or any MACDONALD'S CIGARETTE TOBACCO (with papers) also DAILY MAIL cigarette tobacco.

1,000 cigarettes—any one of the above brands—may be sent under the same conditions for \$1.90

When sending in your order, please be sure to give the following information: Regimental number, prisoner of war number, rank and name, camp and also the name and address of sender.

Remittance must be made by postal note or money order and sent to

PRISONERS OF WAR DEPARTMENT

W. C. MACDONALD INC.

P. O. Box 1929, Place d'Armes, Montreal, Canada

WILL USE HELICOPTERS

Britain intends to use helicopters for the protection of shipping convoys, H. H. Balfour, under-secretary for air, disclosed in the House of Commons. The wingless machines are supported and driven by an overhead propeller. They can land and take off vertically from a space as small as a ship's deck and thus could travel all the way across the ocean with a convoy.

CONSCRIPTING CHILDREN

Germany is now definitely to conscript school children aged from 12 to 16 for land work this summer. Schools will be closed for three months. Last summer the children worked as volunteers on the farms.

Monthly Questionnaire

Wartime Prices Board Takes Steps To Aid All Consumers

One more step toward effective consumer representation on the Wartime Prices and Trade Board has been taken by the Consumer Branch. As a means of encouraging liaison officers in the various areas across the country to report the opinion of consumers to the Consumer Branch at Ottawa, a monthly questionnaire is now being sent to each one of the 7,000 liaison officers.

The questions asked about housing conditions, suggestions for conserving food, clothing and household equipment, unwarranted price increases and observance of price regulations generally.

The liaison officers put the questions to the local groups and the answers provide a cross-section of opinion on matters with which the Consumer Branch is immediately concerned. The Consumer Branch thereby learns from the women themselves which problems are local, which are of national concern. Referred to Ottawa, these opinions are placed before the administrator concerned and public thought crystallizes into effectiveness.

Consumers are urged to use their direct line to the price control authorities; through the questionnaire and through their liaison officers sub-committees and corresponding members, they have the instruments with which to make their voices heard.

In spite of increasing industrial injuries, the 1942 accident rate was lower than in 1941.

